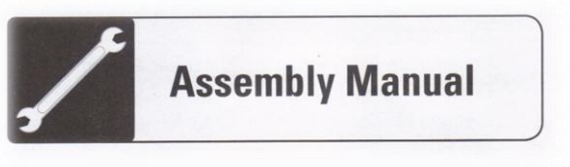
Bowflex
Home Gym- PR1000



Prepared for Bowflex

Prepared by
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Introduction

The Bowflex Home gym is a unique resistance training machine. The weighted resistance bands help reshape your entire body and help build endurance. The Bowflex machine targets all major muscle groups and builds lean muscles without damaging your joints. This workout system is a great way to build strength, flexibility and stamina. Please be careful when assembling the home gym, and follow all instructions in order. Please ensure that no assembly design is changed and use all hardware provided.

Warnings before assembly

Warning: Carefully read and follow all instructions.

- Keep children and other distractions away from the product you are assembling at all times.
- Assemble the product indoors.
- Assemble the product in an appropriate work space.
- Use a second person when lifting heavy components.
- Set up the machine on a solid, level surface.
- Follow all instructions exactly, with the correct design.
- Use only genuine replacement parts from Nautilus hardware.
- Use the machine after complete assembly and inspection.
- Read and keep the Owner's Manual and Assembly Manuals for future reference.
- Do all the assembly steps in the sequence given. Incorrect assembly can cause injury.

Select where you are going to set up your home machine on a hard, level surface at the place where you plan to use it. For a safe workout area, use a space at least 127"x 82" (3.3m x 2.1m) of free space.

Preparation for Assembly

Tools for Assembly

- 2 Adjustable Wrenches (not included)
- Philips Head Screwdriver (not included)

Basic tips for PR1000 Home Gym

Follow these basic tips when assembling your home gym.

1. Collect all pieces needed for each assembly step.
2. Turn all the locknuts and bolts right to tighten. Turn left to loosen.
3. Use a combination wrench to grip the locknut when you tighten a bolt. The bolt with the locknut must be tight.
4. Scissors or utility knives are helpful during the unpacking process.
5. Carefully lift pieces when attaching.
6. Look through the bolt holes to help guide bolt placement.
7. Assembly requires two people.

Hardware Chart

Item #	Quantity	Description		Item #	Quantity	Description
14	1	Hardware Bag		27	4	Foam Roller Pads
15	1	Pair Handgrips		28	1	Short Roller Tube
16	1	Bench		29	1	Long Roller Tube
17	1	Base Platform		30	1	Exercise Placard
18	1	Lat Cross Bar		31	1	Red Box End Plate
19	1	Upper Lat Tower		32	1	Manual Kit
20	1	Sliding Seat		33	4	End Caps
21	1	Lower Lat Tower		34	4	Clips
22	1	Chest Pulley Cross		35	1	Threaded Knob
23	1	Seat Rail with Slider		36	1	Seat Slider
24	1	Leg Extension		37	1	Leg Press Belt
25	1	Leg Extension Base		38	1	Rubber Pad
26	1	Bowflex Rod Pack		39	1	Cable Clip

Hardware Diagram

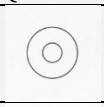
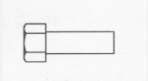
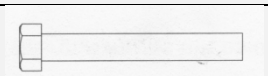
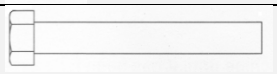
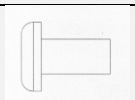
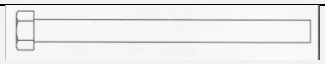
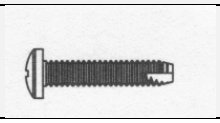
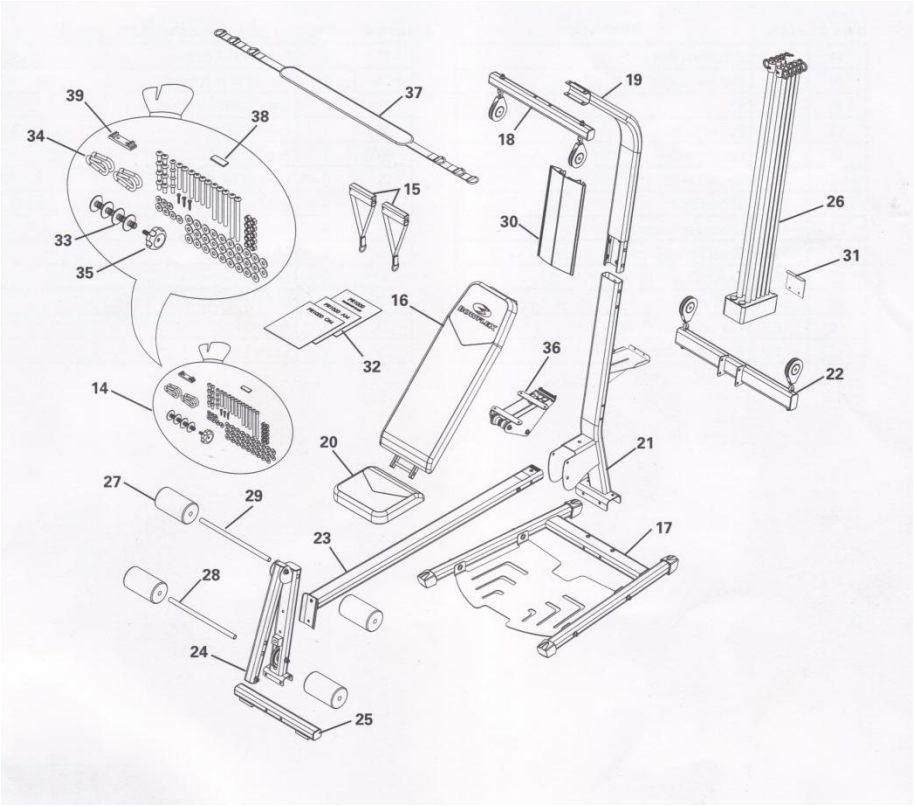
Hex Head Bolts	(Not actual size)		(Not actual size)
Item (#1) Qty. 4 5/6”x3/4”		Item (#8) Qty. 5 ¼” Washer	
Item (#2) Qty. 8 3/8”x3/4”		Item (#9) Qty. 4 5/16” Washer	
Item (#3) Qty. 2 3/8”x(2)3/4”		Item (#10) Qy.29 3/8” Washer	
Item (#4) Qty. 4 3/8”x3”		Item (#11) Qy.10 3/8” Nut	
Item (#5) Qty. 2 3/8”x4		Item (#12) Qty. 1 3/8”x(4)1/4” Hex Head Bolt	
Item (#6) Qty. 2 3/8”x5”		Item (#13) Qty. 2 Self-Tapping Screw	

Image of all Hardware



Bowflex Assembly: Steps 1-2

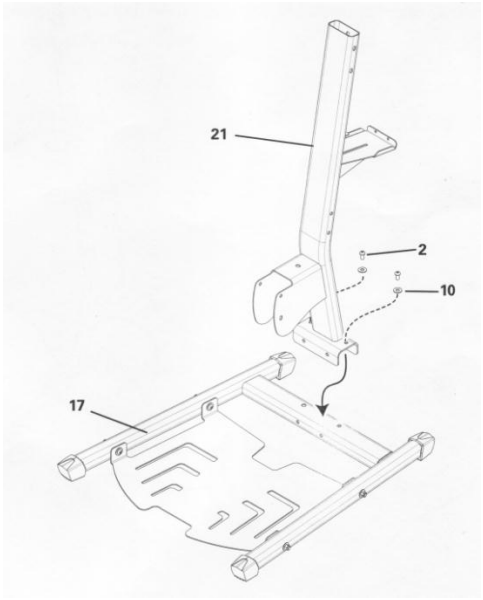
Step 1: Attach the Lower Lat Tower to the Base

Parts

- Base Platform (#17)
- Lower Lat Tower (#21)

Hardware

- (2) 3/8 ” x 3/4” Hex Head Bolts (#2)
- (2) 3/8” Washers (#10)



Step 1: Use the adjustable wrench to attach to the Base Platform with the first set of bolts.

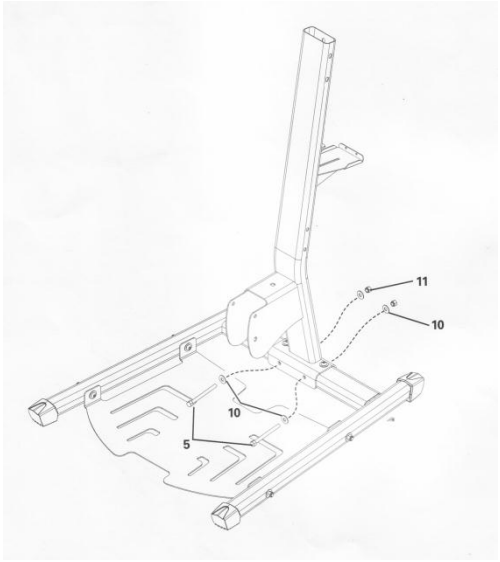
Step 2: Secure the Upper Lat Tower to the Base

Parts

- Completed Assembly (from step 1)

Hardware

- (2) 3/8” x 4” Hex Head Bolts (#5)
- (4) 3/8” Washers (#10)
- (2) 3/8” Nut (#11)



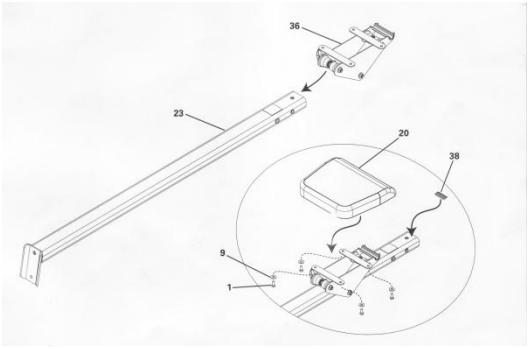
Step 2: Use the adjustable wrench to install the second set of bolts and tighten.

Bowflex Assembly: Steps 3-4

Step 3: Assemble the Seat Rail

Parts

- Seat Rail (#23)
- Seat Cushion (#20)
- Seat Slider (#36)



Hardware

- (4) 5/16” x 3/4” Hex Head Bolts (#1)
- (4) 5/16” Washers (#9)
- (1) Rubber Pad (#38)

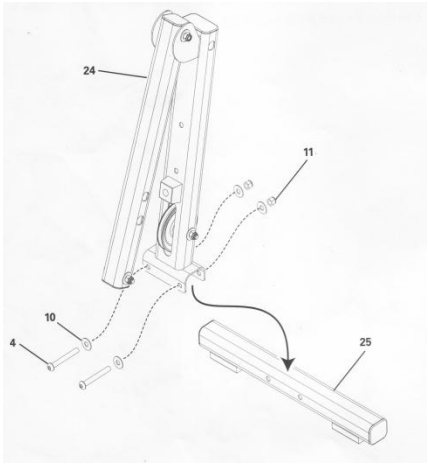
Step 3: 3-1 Use the adjustable wrench to slide the Seat Slider onto the Seat Rail.
3-2 Next, attach the Seat Cushion to the Seat Slider with the Hex Head Bolts and Washers and tighten hardware.

Note: The threaded hole on the end of the Seat Rail must face upward.

Step 4: Assemble the Leg Extension

Parts

- Leg Extension (#24)
- Leg Extension Cross Tube (#25)



Hardware

- (2) 3/8” x 3” Hex Head Bolts (#4)
- (4) 3/8” Washers (#10)
- (2) 3/8” Nut (#11)

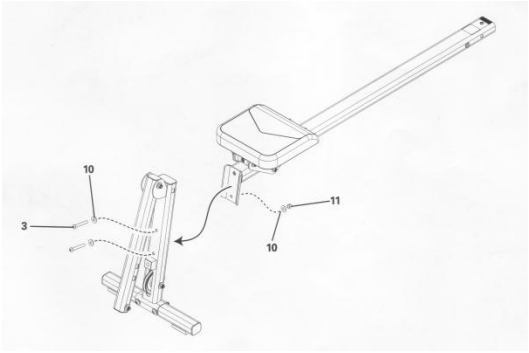
Step 4: 4-1 Set the bracket end of the Leg Extension onto the Leg Extension Tube and align the bolt holes.
4-2 Install and tighten the hardware.

Bowflex Assembly: Steps 5-6

Step 5: Attach the Seat Rail to the Leg Extension

Parts

- Seat Rail Assembly (from step 3)
- Leg Extension Assembly (from step 4)



Hardware

- (2) 3/8 ” x 3/4” Hex Head Bolts (#3)
- (3) 3/8” Washers (#10)
- (1) 3/8” Nut (#11)

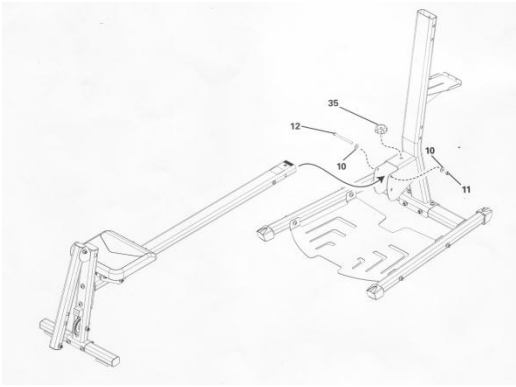
Step 5: 5-1 Align the bolt holes of the Seat Rail Assembly with the bolt holes in the Leg Extension Assembly.
5-2 Install and tighten the hardware.

Note: Please keep the cables wrapped from the pulleys.

Step 6: Attach the Seat Rail to the Base Assembly

Parts

- Seat Rail Assembly (from step 5)
- Completed Assembly (from step 2)



Hardware

- (1) 3/8” x 4 1/4” Hex Head Bolts (#12)
- (2) 3/8” Washers (#10)
- (1) 3/8” Nut (#11)
- (1) Threaded Knob (#35)

Step 6: 6-1 Insert the Seat Rail Assembly into the Lower Lat Tower Assembly.
6-2 Use the adjustable wrench to tighten the hardware.

Bowflex Assembly: Steps 7-8

Step 7: Upper Lat Tower

Parts

- Upper Lat Tower
- Lat Tower Cross Bar with Pulleys and Cables

Hardware

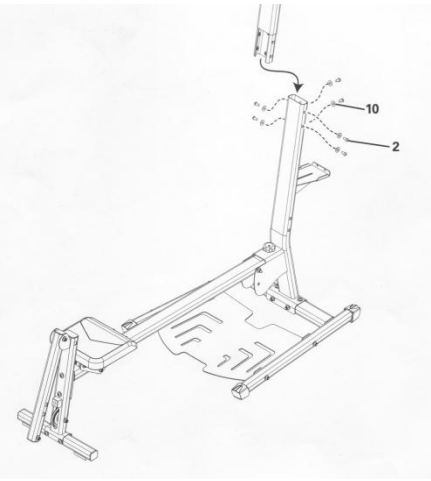
- (2) 3/8 ” x 3” Hex Head Bolts (#4)
- (4) 3/8” Washers (#10)
- (2) 3/8” Nut (#11)

Step 7: 7-1 Align the Lat Tower Cross Bar bold holes with the bolt holes in the Upper Lat Tower bracket.
7-2 Install and tighten the hardware.

Note: Please keep the cables wrapped from the pulleys.

Step 8: Attach the Upper Lat Tower to the Base Assembly

Parts



- Upper Lat Tower Assembly (from step 7)
- Completed Assembly (from step 6)

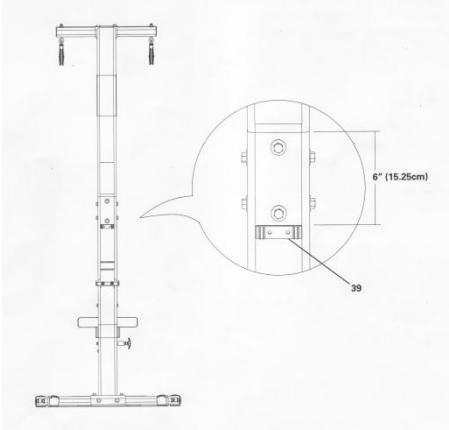
Hardware

- (6) 3/8” x 4” Hex Head Bolt (#2)
- (6) 3/8” Washers (#10)

Step 8: 8-1 Insert the Upper Lat Tower Assembly into the Lower Lat Tower.
8-2 Install and tighten the hardware.

Bowflex Assembly: Steps 9-10

Step 9: Apply the Cable Clip



Parts

- (1) Cable Clip (#39)
- Completed Assembly (from step 8)

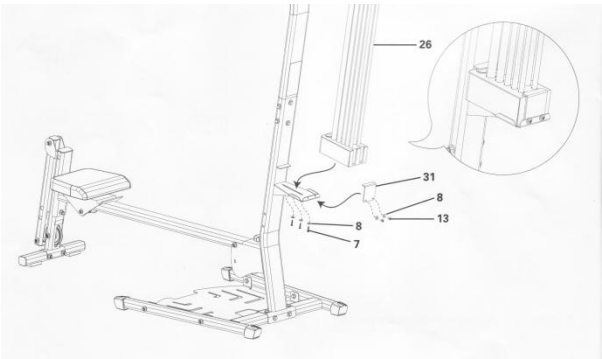
Step 9: Apply the Cable Clip to the rear of the Lower Lat Tower.

Note: Be sure to use the cable clip when the cables are not in use

Step 10: Attach the Rod Pack

Parts

- Completed Assembly (from step 9)
- (1) Bowflex Rod Pack (#26)
- (1) Rod Box End Plate (#31)



Hardware

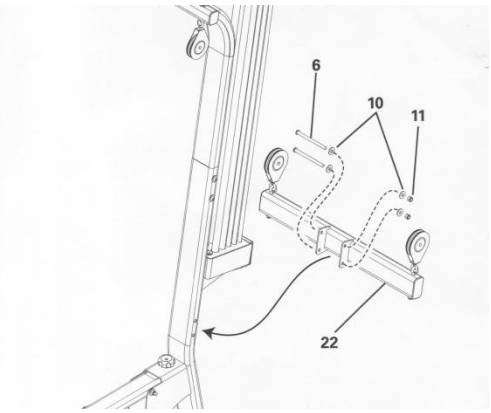
- (3) 10” x 1” Self Tapping Screws (#7)
- (2) 1/4”x1” Philips Head Bolt (#13)
- (5) 1/4” Washers (#8)

Step 10: 10-1 Slide the Bowflex Rod Pack into the Rod Pack Holder.
10-2 Install and completely tighten the hardware.

Note: Make sure that the hardware is tightly secured.

Bowflex Assembly: Steps 11-12

Step 11: Chest Bar with Pulleys



Parts

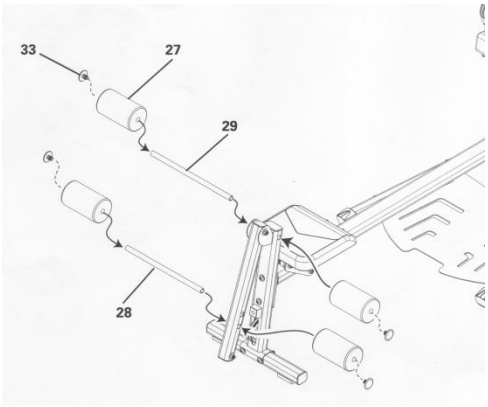
- Completely Assembly (from step 10)
- Chest Bar with Pulleys and Cables (#22)

Hardware

- (2) 3/8 ” x 5” Hex Head Bolts (#6)
- (4) 3/8” Washers (#10)
- (2) 3/8” Nuts (#11)

Step 11: Attach the Chest Bar with Pulleys and Cables to the Lower Lat Tower.

Step 12: Leg Extension Rollers



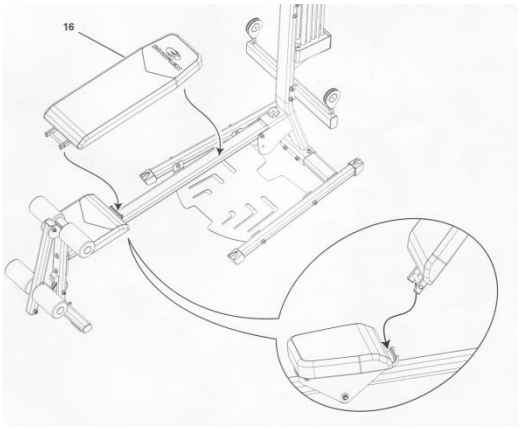
Parts

- (4) Foam Roller Pads (#27)
- (4) Tube End Plugs (#33)
- (1) Long Roller Tube (#29)
- (1) Short Roller Tube (#28)
- Completed Assembly (from step 11)

Step 12: 12-1 Insert the Roller Tubes through the Leg Extension.
12-2 Slide the Foam Rollers onto the Roller Tubes.
12-3 Plug the Roller Tube ends with the Tube End Plugs.

Bowflex Assembly: Steps 13-14

Step 13: Attach the Bench



Parts

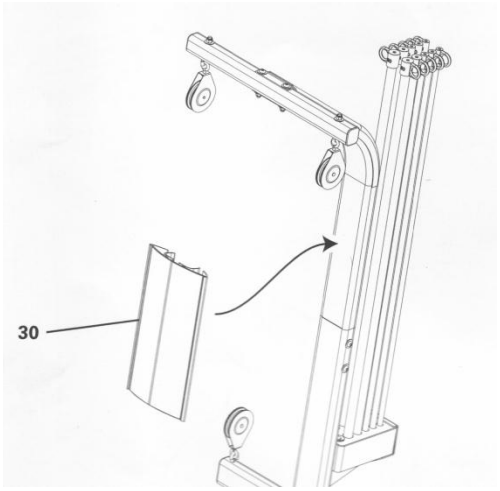
- Bench Cushion (#16)
- Completed Assembly (from step 12)

Hardware

- (2) 3/8 ” x 3/4” Hex Head Bolts (#2)
- (2) 3/8” Washers (#10)

Step 13: Put the Bench Cushion onto the Seat Rail and the Seat Slider.

Step 14: Attach Placard



Parts

- Completed Assembly (from step 13)
- Exercise Placard (#30)

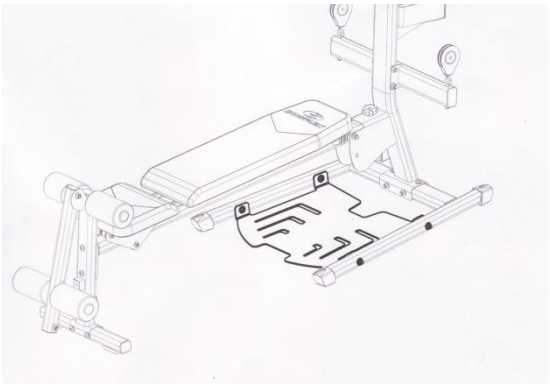
Hardware

- (2) 3/8” x 4” Hex Head Bolts (#5)
- (4) 3/8” Washers (#10)
- (2) 3/8” Nut (#11)

Step 14: Snap the Exercise Placard onto the upper Lat Tower.

Bowflex Assembly: Steps 15-16

Step 15: Level the Machine



Parts

- Completed Assembly (from step 14)
- Lower Lat Tower (#21)

Tools

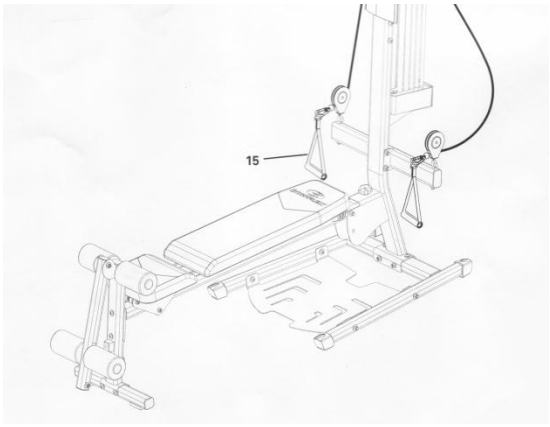
- (2) 3/8 ” x 3/4” Hex Head Bolts (#2)
- (2) 3/8” Washers (#10)

Step 15: 15-1 Loosen but keep the bolts in place.

15-2 Stand on the foot plate until it rests flat on the floor.

15-3 Re-tighten the bolts.

Step 16: Connect the Cables to the Power Rod Unit Chest Bar, and Handgrips



Parts

- (2) Handgrips (#15)

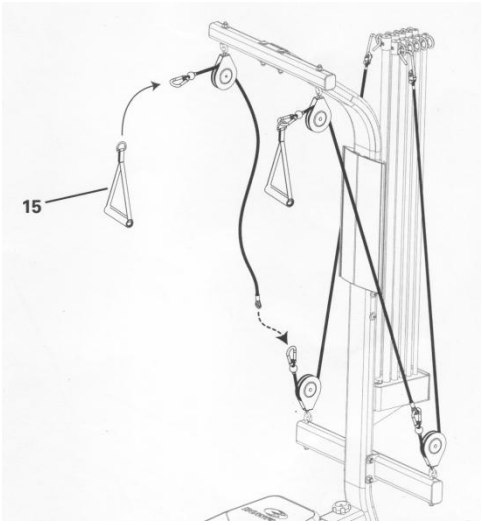
Step 16: 16-1 Remove the plastic and unwrap the cables from the Chest Bar Pulleys.

16-2 Attach the Rod Hooks to the Power Rod Unit.

16-3 Connect the Handgrips to the Snap Hooks on the Cables.

Bowflex Assembly: Steps 17-18

Step 17: Connect the Cables from the Chest Bar and Lat Cross Bar to the Handgrips



Parts

- Completed Assembly (from step 16)
- (2) Handgrips (#15)

Step 17: 17-1 Remove the plastic and unwrap the cables from the Lat Bar Pulleys.

17-2 Attach the Snap Hooks from the Chest Bar Pulleys to the Cables on the Lat Cross Bar.

17-3 Attach the Handgrips to the Snap Hooks from the Lat Cross Bar.

Step 18: Connect the Cables from the Chest Bar to the Leg Extension

Step 18: 18-1 Remove the plastic and unwrap the cables from the Leg Extension Pulleys.

18-2 Attach the Snap Hooks from the Chest Bar Pulleys to the Leg Extension Cables.